

# GFS Baked Beans

<b>Servings:</b>	250.00
<b>Serving Size:</b>	1.00 1/2 cup
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Vegetable
<b>HACCP Process:</b>	Same Day Service

GFS Baked Beans

## Nutrition Information

<b>Calories</b>	148.57	<b>Protein</b>	5.21g
<b>Fat</b>	0.52g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	31.46g	<b>Fiber</b>	6.26g
<b>Sugar</b>	13.93g	<b>Sodium</b>	617.30mg
<b>Iron</b>	1.50mg	<b>Vitamin C</b>	2.10mg
<b>Vitamin A</b>	165.86IU	<b>Calcium</b>	41.99mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>10 #10 CAN</b>	822477	BEAN KETTLE BRN SUGAR 6-10 HRTHSTN	
<b>2 #10 CAN</b>	100129	KETCHUP CAN 33 FCY 6-10 CRWNCOLL	
<b>2 Cup</b>	263036	ONION DEHY CHPD 15 P/L	
<b>2 Pound</b>	314641	SUGAR BROWN LT 12-2 GFS	

## Preparation Instructions

Prepare cans for opening. Prepare 3 steam table pans.

Open and drain all cans of beans. Evenly divide between the steam table pans. Evenly distribute the ketchup, onion and brown sugar.

Cover and bake in 400 degree oven for 1 hour until reaches above 165 degrees.

Hold in low temp oven, hot holding box or hot steam table until time to serve. Serve with 1/2 spoodle.